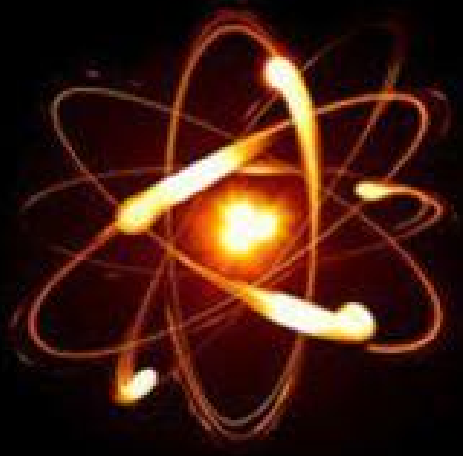
Quantum Runes

How to Create Your Perfect Reality Using Quantum Physics and Teutonic Rune Magic



By Lee Cain

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QUANTUM RUNES: How to Create Your Perfect Reality Using Quantum Physics and Teutonic Rune Magic
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Published by: Cain Publishing
15430 N. 37th. St. Phoenix, AZ 85032

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The first thing you should ask is “who is this guy claiming to be such an expert that he can teach me all about creating my own perfect reality?”

My answer to that is, I am no expert at all. I am a student learning to create my own reality. And, if you are reading this book, then you are a student too…

So, from one student to another, I’d like to show you what has worked for me.

This book is far from complete. I am constantly learning more of what works, and what doesn’t. But, this is an excellent beginning for creating the rest of your life.

A word to the wise: This book embodies only my present understanding of creating reality using quantum physics and Rune magic.

Always question everything you read, including what you are reading here.

You are about to learn the art of deliberate creation. The lessons begin here.

Let's start with the basics. Magic is magic is magic. Whether you are a Wiccan, a Sorcerer, a Christian Faith Healer or a Teutonic Shaman, it makes no difference. All forms of magic are based on the same universal laws. The energies are all the same. The only difference is the approach to those energies.

Universal laws control the energies of our world. There is nothing that can defy universal laws. Everything must work according to them. Magic is simply the manipulation of energies by using those laws. Quantum physics helps in understanding how those universal laws work. When you understand the finer points of universal laws, the magic becomes stronger and easier to control.

Through centuries of trial and error, the Teutonic Shamans have developed various rituals, based on the universal laws, that affect those energies.

Runes are the guides to those rituals.

You may not know it yet, but you have been living under a set of rules that you
created, and since you created them, you can change these rules at any time!

With the right knowledge, you can retake control of your life. You can do more
than just react to your present reality. You can create that reality as you want it to be!

Let the runes guide you to that knowledge

The First Step

I know you want to jump right into the meat of rune magic, but please, don't jump into the runes until you understand why all of this works. The most important thing for you to do is to get what I call "Fast Success."

Fast Success is getting your results as quickly as possible so you don't quit too soon!

Your first step is to learn the basic skills so you can get those quick victories and you can show your subconscious mind that you can do this.

It's not about believing this works; it's about giving it a chance until you know it works. And, you won't stick with this unless you understand the basics and see the logic behind it.

Law And Order

A Divine force (or forces), known by many names, rules the universe. Many
religions have formed to help us understand this Divinity. This force controls the creation of everything within the universe, including us, by using physical laws.

These laws put order into our world. Everything around us is under the reign of these laws. Without them, the universe would still be in a state of chaos.

Many of these laws are obvious, such as the law of gravity or the laws governing fire. Other laws are harder to see.

The law of mental attraction, used to draw each elemental power towards you, is often hard to detect. It takes practice before results can be seen.

Understanding these laws is the basis of Teutonic Rune Magic.

Each elemental power represented by the runes follows these same laws, and these forces always follow the laws in the same way. Every time the conditions are right, a thunderstorm will produce lightning and rain. The storm has no conscious choice in the matter. The laws always determine the outcome.

We, however, do have a choice. We have a mind that can use these laws. With them, we can create anything we can imagine. Our only restraint is knowledge. We must know how to correctly manipulate these forces before we can create our desires.

With the creation of our minds, the Divine have given us potential control over our world. By using the laws of mind, we can guide the elemental

forces of our
universe, for the laws of mind are what ritual magic is based on.

Through the centuries, the Germanic shamans have developed methods of imaging, based on the laws of mind that do work. These imaging rituals insure that the laws are followed every time. They act as a built in quality control.

These Shamans didn't know anything about quantum physics, so they learned the rituals the hard way, through trial and error. Today we can look at these magic rituals using the knowledge of quantum physics and refine them, making them even stronger.

To completely understand the runes, you must also understand the laws of mind, for that is how runes are used.

The laws of mind are too complex to explain in entirety here, but a few basic
principles may help with your ritual magic.

The Laws of Mind and Quantum Physics

From the very beginning, understand that there is no list of universal laws. You cannot make up a list of rules that you must follow. The laws of mind are more like principles that are tightly intertwined. Each principle is a guide to how the forces of this universe work. You cannot follow one law of mind and always expect the same outcome. All of the forces affect each other.

That is why creating your reality is more of an art than a science (though science must be considered in your actions). You are learning to balance all the forces of the universe.

You live in an incredible world with absolutely no limits. Your world is not what you think it is. It does not consist of all these separate things you see bouncing around you.

"Oh really!" you say, "then why do all these solid things keep getting in my way? All this stuff around me certainly appears to be my world."

Exactly! That is what they appear to be. Everything around you is exactly as you perceive it to be. Why? Because that's what you perceive it to be.

Huh?

Quantum physics shows that reality is fluid in nature. Everything is pure energy.

When something is not observed by awareness, it exists in a formless state of
probabilities, pure energy. When consciousness (and that means you) becomes aware of it, the state of the energy becomes locked into a single probability and takes that particular form. Awareness locks reality into place.

That, my friend, is great news! That means that your reality has no permanent, real existence, and only exists when you observe it. And, it becomes exactly what you perceive it to be.

That means you can change your reality in any way you wish.

That is why everything you do is magic. Your every thought, word and deed is
creating your reality. You are not living in a world that was already there. You

are creating your world as you go along. Magicians are simply people who are conscious of that fact.

"Reality is merely an illusion, albeit a very persistent one." -Albert Einstein

Everything is pure energy.

Energy follows intent. Energy follows your thoughts. Energy is a reflection of
consciousness. It changes as you become aware of it. You are constantly creating your surroundings using that energy.

So, if all that is true, why haven't you created what you want. Why is everything so hard? Why does everything in your life really suck?

Here's why:

You are not alone out there learning to create, and everybody else's creations are affecting your creations. Their realities are crashing into your reality, and your reality is crashing into theirs.

Sounds like chaos, doesn't it? There are a billion creators all painting on the same canvas, a chaos canvas. That's why our collective reality is so confusing and crazy. We are all painting on top of everyone else's painting!

However, most of those other people are creating while asleep. They're not even aware that they are creating, so they create by default. They are simply reacting to their perceived reality.

When the vast majority perceive reality in the same way, they co-create that same reality. Creation becomes a collective process that tends to lock energy into patterns that are resistant to change. That is what you see all around you today.

You have been creating by default, agreeing with everyone else. You helped
create what you are living today. Are you ready to change that? It's not that
hard…but, it does take persistence. Read on….

You now have an advantage over the masses. You are starting to wake up. You are at least aware that you are asleep. You can start to create on purpose instead of by default.

You could start painting on that chaos canvas just like you have been by pushing and shoving even harder than before….or, you can take a clean canvas and paint your own masterpiece without interference. Once you have it just right, you can meld it into the chaos canvas. No fuss, no mess, no competition.

That is the easier way, and this book will show you how.

Ok, now that you have an idea of what we are dealing with (I know, that was a lot to swallow all at once), let's get on to more specific universal laws you can actually use.

The law of mental attraction. Simply put, you attract what you think about. You do not attract what you want, or what you think you need. You attract what your mind focuses on.

Even more important than that, you attract what you feel. Emotion fuels your thoughts. Emotion sets the frequency that you vibrate at. Emotion is the power behind magic.

If you fear poverty, you will attract more poverty. If you love prosperity, you will attract more wealth. Watch what you feel; that is what you will attract.

Anytime you do something to prevent something else from happening, you are trying to shape reality by removing or excluding something you don't like. In order to exclude something from your life, you have to focus on what you are trying to exclude. Since you attract what you focus on, trying to exclude something simply attracts more of what you are trying to exclude.

When you put in hours of overtime in order to pay all your bills, you are believing in a world where you have to work a lot just to get by. You are attracting a reality that insists you work a lot of overtime. That mindset creates that reality in your life.

The better way is to focus on what you want to create, and completely ignore what you are trying to exclude. I know, that goes against everything you were taught, but here me out.

You must let go of anything you don't want. Effective reality creation is focusing on what you want and ignoring what you don't want.

The last thing you want to do is control your existing reality!

Instead, you want to create a new reality that completely replaces the existing one. Take that clean canvas I mentioned earlier and paint your own masterpiece.

So, how do you do that?

That is really very simple, not always easy, but simple.

Desire.
Visualize.
Feel what it's like to already have what you visualize.
Become what you want.

If you follow the rituals within the rune tables, you will be doing all these steps automatically. You won't have to monitor your every thought so you get it right. The quality control of the runes does that for you.

Let's start with Desire.

You have to feel a strong desire for some thing or condition first. This is your conscious focus. If you can't focus on something to the point of obsession, then there really is no desire, maybe a passing wish, but no real desire.

Next, you need to visualize. Visualization is nothing more than controlled daydreaming. The key word is controlled. You don't just daydream like you have been doing all your life. You get specific. You get detailed. You live it like you already have it. You don't wish you might someday have it. You experience it in every way you can imagine. Feel it, hear it, smell it and taste it.

If you can't do that, you don't have enough details yet. What you desire is still too vague. Go back to the desire step and ask why you do desire it. What will you get out of having this in your reality?

Now let's put some real power into this.

You must feel good about having what you are creating. Think about it. The only reason you want anything in your life is because of how it will

make you feel.

Get excited about it. Lose your composure! Dance, jump up and down, and yell! Put some real feeling into it! If you can get so excited you are a bit embarrassed, then you are on the right track. You can't overdo this. Really get into it. This should be really fun!

This next step is often forgotten by those practicing the Law of Attraction, but it is a critical step.

You must become what you want.

Who and what you are cannot be in conflict with what you want.

If you want the perfect lover, you have to feel you deserve them. You have to feel that you are also the perfect lover for them.

How do you do that? Easy! Just ask yourself this, "What would my perfect lover's perfect lover be like? Imagine what that person would be like, then imagine you being that person.

You attract what you feel. Emotion sets the frequency that you vibrate at, and like frequencies attract each other. Different frequencies repel each other.

You must radiate the same frequency of what you are wanting. You must become what you want.

Stop for a moment and feel what you are feeling right now. That is what is coming to you. That is what you are attracting. That is the reality you are creating.

The law of retribution. This law is closely tied to the law of mental attraction.
Everything you do creates an energy signature that becomes an actual force. This force is connected to you and grows stronger as you feed energy into it. This energy attracts other forces of similar frequency. You are affected by this force you created plus all similar forces attracted to it.

When you hate someone, you create a cloud of hate around you. That cloud attracts more hatred making it even stronger. This cloud of hatred also attracts events or people charged with the same hatred. This attraction brings even more hatred into your life.

In other words, what you give out, comes back to you only stronger. Watch what you do; it will come back to you.

The good news is, this also applies to feelings of love or prosperity or anything else you desire.

"The bottom line is that as long as we believe that we are here to be slaves to a work-a-day-wheel from sunup to sundown every day of our productive life span, we are going to create a world of slavery. As long as we believe we are here to fight evil and win wars, we are going to be stuck in duality. As long as we believe we are less than, we are going to be wasting our valuable time and energy looking around for productive ways to refill our own deflated egos. And while that may make sense for your owner or employer, in my opinion, it is a big waste of energy. What we should really be doing is taking our greater understanding of creation and using that to manifest real magic in our lives."
The Book of Light - Michael Sharp

There is another basic law that limits the use of magic. The more unselfish and loving the thought, the higher the vibrations become. A base, self-centered thought remains on a lower rate of vibration. This limits the power the thought can generate. Because of this, runic ritual magic (or any magic for that matter) will be much weaker and less effective if used to get the best of another.

Hatred, anger, and the desire to see somebody else in pain keeps you at a very low vibration. If your mind is full of hate, judgment and suffering, then your consciousness will be at that same low rate of vibration. Remember, you attract what you feel, so you are attracting that same hate, judgment and suffering.

A primary rule covering all uses of the mind is; the stronger, more clearly a thought is held, the larger the mental vibrations become. As the mental vibrations increase, the effective power of the imagery increases. Thoughts expand and contract based on the attention they are given. Focus is the key here.

Most of us have untrained minds that cannot focus clearly on an image for very long, however, with practice, the imagery, and therefore the magic, will become stronger.

This is only a small part of the laws of mind and their uses in magic, but this knowledge, combined with practice, can greatly increase your abilities. You don't need to understand all the laws of mind if you stay with the rituals.

Let the rituals in Teutonic magic guide you and your magic will grow strong.

WHAT ARE RUNES?

Centuries before Christianity, the Germanic peoples worshiped pagan gods. These gods, which included Odin, Thor, Loki and many other Norse deities, expressed the forces of nature. They represented the elemental powers of the world. An understanding of these powers was the basis of the Germanic Shaman's magic.

Each natural force was given a name and symbol representing that force's character. By using these symbols, the Runes, the Shamans were able to magically influence the world around them.

WHAT CAN RUNES BE USED FOR?

Runes, by themselves, can do nothing. The power is not in the symbol, but in what the symbol represents. The elemental forces of nature are the actual power. The Runes act as a link or guide between you and those forces.

Runes are an ancient system of quality control.

Prior to the condemnation of runes by the Catholic Church, they were used in ritual magic, divination and oracle consultation by the Teutonic people of Europe. The suppression of all non-Christian activities during the Middle Ages forced all magical practices underground. Under the threat of death if caught, rune lore was only taught one to one with little written instruction. Only small fragments have survived in written form, thus most of the original magical techniques were lost.

Because of this loss, many magic rituals are now taken from other occult practices and applied to runes. These occult practices are then fine tuned using quantum physics. All magical practices are based on the same universal laws, so hopefully, little is lost in the melding of techniques.

HOW ARE RUNES USED?

RITUAL MAGIC:

The purpose of the ritual in ritual magic is to insure that all parts of the magical process are included every time the magic is used. Without this built-in quality control, the results would be haphazard at best.

The Norse god Odin revealed the ritual steps needed for rune magic. In a list of rune charms he laid out the process for evoking the elemental powers.

Paraphrased, these steps are:

Know how to **Cut** them.
Know how to **Read** them.
Know how to **Stain** them.
Know how to **Evoke** them.
Know how to **Send** them.

Cutting them is the physical making of the runes, either etching them or drawing them with your imagination. This helps to focus your energies on one elemental force rather than scattering your thoughts in all directions.

Reading a rune is creating the force on the astral level where all magic is generated. This is done with imaging. As clearly as possible, you will get better with practice, picture the rune symbol glowing with all of its characteristics.

Naturally, this requires that you be familiar with that rune. The section on knowing the runes will help in understanding this step.

An alternative to picturing the rune glowing is to simply start your imagery with the rune. Use the symbol as a focus on a particular force, then picture that force coming alive around you.

The rune Isa represents the unmoving ice of winter. When reading Isa, imagine the bone chilling grip of the arctic tundra, only with no wind. Not even a breeze is changing the image. Nothing is moving; nothing has ever moved.

Staining a rune is sacrificing to the rune, traditionally by shedding blood. However, shedding blood is not necessary. You are linking yourself to the elemental forces of that rune. You can do this by consciously giving a ceremonial sacrifice of energy coming from your heart center. This energy comes from emotion. The shedding of blood instinctually induces strong emotion, so it is a very effective way of linking with the forces.

It is also a very destructive way. The emotions come from a fear of personal harm. Fear, rather than you, controls the magic.

Willingly giving away this energy is enough. At first, the emotions may not be there, but if you focus on the anticipated results, the emotions will eventually develop and you, rather than fear, will remain in control.

You will never get something for nothing. It goes against the laws of physics. You must invest energy, in this case emotional energy, to create anything.

Evoking a rune is to call that rune's elemental forces into this physical world. The previous steps have linked you with the power. Now you need to imagine drawing the power to yourself. Gather that force in your hands to command.

If this is hard to imagine, try opening a gate releasing the power into the physical world. Just remember that you are in command. Don't allow the power to run amuck; gather it up and use it.

Now that the energy is within your grasp, mentally send it to do what you called on it to do. Be as specific as you can be. Imagine yourself manipulating the energy to your wishes.

You cannot change the force into something new, but you can guide it towards a specific task. You can send the mind numbing cold of Isa into a heated argument to cool things down.

There are many different ways of performing these magical steps. This is only my preferred way. Feel free to alter the ritual until it feels correct for you. As you learn about a rune's character, you will develop images that fit both the rune and the way you feel about the rune. Since most of the original rituals have been forgotten, experimenting is the only way we can discover what is right for each of us.

However, remember that rune magic is potentially very powerful. I say potentially because the results of ritual magic depend on your dedication, seriousness and the intensity of your imagery.

Ritual rune magic is not something to play with. Don't approach this as a game with no consequences. You are manipulating powerful forces that do exist. Even if you cannot see them in the physical world, with practice, you will see the results of their presence.

When you click on the rune symbols, you will see a link for ritual guidance. Many of those rituals have the same steps for preparing your mind. This repetition is not for your conscious mind. Your conscious mind only needs to read it once. This repetition is for your subconscious mind. The more you go through the steps, the easier it is for your subconscious to accept them. Once your subconscious mind accepts them, the preparations will become automatic.

DIVINATION AND ORACLE CONSULTATION

These two areas of rune magic have been placed together because the only real difference between them is who is being consulted.

Divination is a means of consulting the Divine, something or someone more spiritually evolved than yourself.

Oracle consultation refers to asking our higher Self. The higher Self is that part of us that remembers and understands all that we have experienced. This Self is under constant guidance from the Divine, and is that small voice in the back of our minds that most of us ignore or seldom hear.

It is usually impossible to tell where the guidance is coming from, either the Divine or your Self, so here they will be treated in the same manner.

With divination, your future is not being forecast. Fate is not a static preset course of events. Even the most minor choice can drastically alter your future.

Consulting the runes is only giving guidance; the underlying reasons for what is happening are revealed. You will then have a better understanding of your life and can live it as you choose, no longer simply reacting to what happens.

But, remember it is still your choice, so it is still your responsibility. The runes never make you do anything. They are simply a tool, potentially a very powerful tool, but still only a tool.

With ritual magic, elemental powers are being evoked, thus a great deal of seriousness is needed. With divination, or rune casting, a more playful

attitude can be used. The powers are knowledge and understanding rather than elemental. You are not gathering forces that must be dealt with.

KNOWING THE RUNES

Eventually, with normal use, you will understand and know each rune. However, knowing a rune in a magical sense is more than remembering the meanings of each rune. It is even more than understanding what a rune interpretation is telling you.

To efficiently use a rune in ritual magic or consulting, you need to know that rune at all levels, mentally, emotionally and intuitively.

To create a rune on the astral level, your imagery must include emotion. Simply picturing the elemental forces of a rune is not enough. Any real power on the astral level is based on emotion. Mental logic may control our personal power, but emotion creates it. Without emotion, ritual magic is very weak and ineffective.

You need to feel the forces of the rune.

The light of the rune, Wunjo, must create a feeling of joy as it shines through you.

The destructive power of a storm must thrill you (or frighten you) before the rune Hagalaz will work for you. Each rune has its own forces that must touch you emotionally or you will miss the power of that rune.

Naturally you must know what powers each rune has before emotions can be included, so a table explaining each rune is in a later section.

Intuition comes from listening to that little, often ignored voice mentioned earlier. Your higher Self understands much more than your conscious lower self. Listen to that little voice while using the runes and you will increase your ability to use rune magic. The small subtle meaning will become clear.

Sometimes that voice will make no logical sense. That is because the higher Self sees more than logic can understand. Listen and you will start using all of your senses.

CASTING RUNES IN GENERAL

Before casting runes, first decide why you are consulting them. The issue of concern must be clearly in your thoughts. You are focusing the runes to your concern so do not refocus your mind in the middle of the casting, or the results may be scattered and incomplete. After the runes are drawn you need to listen to your inner Self, but the focus is no longer needed.

Runes will not answer specific questions. They will not give a yes or no answer. Runes will not make decisions for you. They act as a guide, showing you possibilities and underlying reasons. Because of this, present issues and concerns rather than specific questions.

Don't expect the runes to tell you what to do. Only you can do that. Instead, ask what you need to know about this or that issue, then you can make your own decisions.

When reading a rune interpretation, not all of what's written will apply to your specific issue. Deciding what does apply is an art, just as all magic is an art. With practice, you will learn to listen to your intuition. Certain phrases will stand out and others will not be noticed. That is your higher Self (or a Divine Being) guiding you.

At first, it will be difficult to keep your personal opinions out of the reading (for that is just what they are, your opinions.) but if you listen to the previously mentioned guides it will become easy.

CASTING THREE RUNES

Casting three runes is probably the most common technique used for divination and oracle consultation. Only very complicated and involved concerns need more than a three rune casting.

Traditionally a cloth kept just for casting is laid out to receive the runes. It need not be a cloth. It could be a wooden tablet or a table. You are preparing an area specifically for doing rune magic. Spreading a cloth focuses an area for magic. This makes it easier for the rune caster to center his energies on only this one task.

After preparing the casting ground, the issue or concern is brought to mind, as explained in "Divination and Oracle Consultation". Once the reason for casting is decided, place your hand into the bag of runes and move them between your fingers. After a time, one rune will find its way into your hand. You will notice it more than the others. Place it on the cloth with the symbol facing down, Do this two more times placing each rune to the left of the last one.

READING THREE RUNES

You are now ready to read the runes you have cast. When you turn each over, always turn them all in the same manner. How you turn them over will affect the reading. This is as it should be; the oracle is setting the runes in their proper stance.

Read the runes in the order that you cast them, from right to left.

The **first** rune represents things as they are now.

The **second** rune represents the problem confronting the issue, and the course of action needed to solve the problem.

The **third** rune represents the way events are evolving.

As you uncover each rune, read the interpretation using the guidelines mentioned earlier. All three readings together will give an overview of the situation. The underlying forces affecting your issue will be revealed.

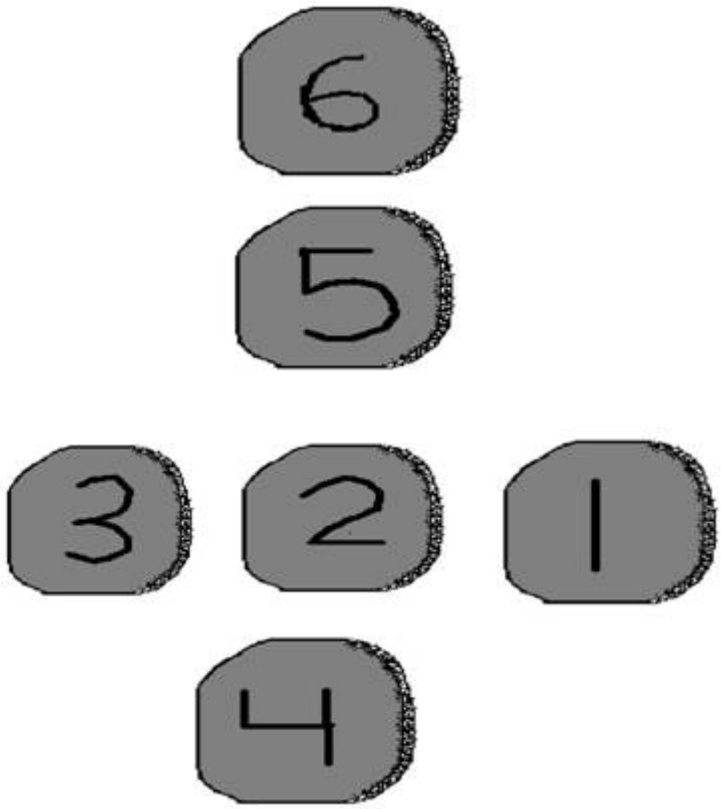
When a rune is cast upside down or in the wrong direction, it is reversed. Only the interpretation under "REVERSED" applies then.

Remember, the runes do not tell the future. The rune indicating events as they are evolving only shows what will happen if the right course of action is heeded. In addition, forces and attitudes not presently there, could later affect the outcome.

THE CELTIC CROSS

When an issue is overwhelming, highly complicated or simply too large for a three rune casting, try the Celtic Cross. This casting reveals considerably more detail on the issue. On smaller, simpler concerns, the Celtic Cross tends to provide so much information that it confuses the rune caster. So, use this only when casting three runes is insufficient.

The Celtic Cross requires six runes drawn in the same manner as casting three runes. As you draw each rune, place them in the pattern of a Celtic cross in the order shown in the diagram.



THE CELTIC CROSS

The **first** rune drawn indicates how the personal self is affecting the issue. That personal self is the person this casting is for, not necessarily the rune caster.

The **second** rune shows the important aspects of the issue's past.
The **third** Rune represents what is evolving. If everything stays as they are without any new influences, this rune will show the most likely outcome. As mentioned before, this is not telling the future. This rune is only showing the direction the issue is presently moving.

The **fourth** rune represents the unseen forces that are the underlying causes of the issue. The reasons for the issue are unveiled here.

The **fifth** rune explains the obstacles confronting you with this issue. Often the true obstacles are not obvious.

The **sixth** rune represents the best that can be expected with this issue. Keep in mind that the best will only happen if all of the knowledge revealed is wisely used.

THE RUNES AND THEIR MEANINGS

Traditionally, the Runes have always been divided into three families of eight.
Each family is named after the first Rune in the family. This ruling Rune also colors all members of its family with its own influence.

Fehu, the Rune of possession, is the ruler of the first family known as the **Feoh** aett. Fehu represents the physical part of man, so all Runes within the Feoh aett also represent the physical man.

Hagalaz, the Rune of storms, rules the second family **Haegl**. This aett is colored by the emotional part of man.

Teiwaz, the warrior Rune, which represents the mental part of man, rules the third family, **Tyr**.

The old English names of Feoh, Haegl and Tyr are commonly used over the German names of Fehu, Hagalz and Teiwaz when naming families, so they will be used here as well.

TABLE OF RUNES AND THEIR MEANINGS

Use this table for reading runes and ritual magic. Click on the rune symbol for an in depth explanation of its characteristics, casting interpretations and ritual
guidance.

Fehu

Uruz

Thurisaz

Ansuz

Raido

Kano

Gebo

Wunjo

Feoh aett The physical part of man.

Hagalaz

Nauthiz

Isa

Jera

Eihwaz

Perth

Algiz

Sowelu

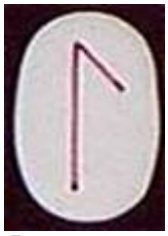
Haegl aett The emotional part of man.

Teiwaz

Berkana

Ehwaz

Mannaz



Laguz

Inguz

Othila

Dagaz

Tyr aett The mental part of man.

Fehu

POSSESSION
Slavery
Cattle
Acquired wealth
Nourishment
Within the Feoh aett: Physical level

Ritual guidance

Return to table of runes

Interpretation

Good fortune is at hand. Both material and emotional goals are manifesting. What you desire is coming about. However, this rune warns you to look closely at what you desire. The possessions or relationships you want may not be what you think they are. Their price may be higher than you expect to pay.

Remember that good fortune also means responsibility. Power comes with wealth.

By enslaving those within your control you can recklessly destroy that new power, or you can share the fruits of power by improving your world around you. This in turn will increase your wealth. Note that this warning applies to material as well as emotional power.

Be aware that wealth can also make you a slave. Do not live your life in pursuit of possessions. The desire to acquire wealth can hold you as securely as any chain.

Enjoy your good fortune, but don't let your new possessions possess you.

REVERSED

Everything seems to be going wrong. It may appear that everything you touch falls apart. You take your best shot and everyone laughs at you. If you manage to save a little, it goes to fix your broken arm. When something does go well, be on your guard. This rune reversed means many possessions could be lost. At this time there are more ways of losing than winning.

This losing streak shows that you have something to learn. Perhaps the lesson is in how you handle possessions, or possibly you need to learn what you truly want.

This frustrating time is here so you can see what is really important to you. Are you grasping for the wrong treasures? Is the price too high? Maybe you are just going along with the crowd. Or, are you chasing after what somebody else wants for you. Look closely at why you do what you do.

Return to table of runes

Ritual Guidance for
Fehu

POSSESSION
Slavery
Cattle
Acquired wealth
Nourishment
Within the Feoh aett: Physical level

Return to table of runes

Creating Wealth Ritual

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

With my mind, I reach out and trace the rune in the air. Each part glows red as I trace the pattern.

Fehu slowly changes from red to gold. The gold quickly spreads to engulf me and all around me.

I look at the ground in front of me. A pile of money appears where I look. It glows a gold color. The more I look at the money, the bigger the pile becomes.

It is all mine! I can do what I want with it.

I reach out and touch the money. A warm feeling of power swells in my chest. This power feels wonderful. I grow stronger as the power builds. I release the power down my arms into the money. It jumps like electricity into the fortune before me.

I feel the power coursing through the money. I can do anything with the money's power. The money is part of me.

I love it!

I gather piles of money into my hands. I feel the power building. I picture what I want in my mind. More power from my chest courses into the money and the money slowly changes into that picture.

Every little detail forms.

I then step into the picture and become part of it. What I want is now real and mine! I feel all the joy of owning what I want.

Knowing that what I want is forming, I slowly count from one to five, open my eyes and thank my world for creating my dream.

Return to table of runes

uruz

STRENGTH (Aurochs)
Freedom
Virility
Untamed
Within the Feoh aett: Physical level

Ritual guidance

Return to table of runes

Interpretation

Uruz is a cycle rune of endings and beginnings. Expect to lose something or someone of importance to you. You have progressed beyond the need of an existing influence. This must be removed to make room for a new beginning.

Your loss could be the end of a lifestyle, whether by choice or circumstance. Or, it may be the end of a relationship, one you depend on heavily for emotional support.

This loss may first appear devastating. Radical changes in your life may be needed to adapt, but these changes are necessary to avoid stagnation. You may choose not to adapt to your loss and cling to your old way of living, but be assured that new beginnings will always create positive growth that will produce a greater strength in you.

Often new beginnings offer freedom, allowing you to remove shackles that have domesticated you, restraining the wild side of you.

Strength always comes with new beginnings, provided strong principles and true humility also come along.

REVERSED

It appears that your strengths are weakening. You may be losing more often than normal. Everything appears dark now.

You are not paying attention to your higher Self. You are out of balance with that part of you. The failures and disappointments are there to regain your attention.

Some only need a little prodding, others need a knock on the head. This rune calls for you to start listening again, and pay heed to what your higher Self is telling you. Or, you may get that knock on the head.

When you are once again in balance, the cycle will go from darkness back into light.

Return to table of runes

Ritual Guidance for
Uruz

STRENGTH (Aurochs)
Freedom
Virility
Wild uncontrolled energy
Courage and Boldness
Untamed
Within the Feoh aett: Physical level

Return to table of runes

Creating Courage and Boldness Ritual

Note: This ritual is a part of the self image ritual within the rune Mannaz.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher

Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune of strength, Uruz. It glows red and slowly fades to orange. I look at the orange glow and it flows to me and settles at my solar plexus.

As the glow gathers, I feel a strength that will endure for hours. That strength builds until I want to jump up and conquer the world. I have enough energy to create anything I want in this world.

Nothing can stop me!

Once I know I can handle my challenge, I slowly count to five and open my eyes.

The ritual is complete.

Return to table of runes

Thurisaz

EVIL
Thorn
Brutality
Demon
Non-Action
Within the Feoh aett: Physical level

Ritual guidance

Return to table of runes

Interpretation

This is a rune of self development. You are standing at a threshold of advancement, but before passing through that threshold, you must observe the Demon and Divine within your true self. Look at what has brought you this far.

Your past actions indicate who you are and what direction you are going.

Forces of personal change are strong now. Ask your inner Self if this is what you want to do; is this who you want to be?

This is not the time for external decisions. All of your energies are needed for inner awareness. Only then can you know if you are ready for that threshold.

REVERSED

You are being forced to look at who you have become. Problems are there to test your convictions. Be careful. Your attempts at solving these problems may produce even greater problems.

Look at your motives. Self delusion is a strong possibility. Real reasons for your actions may escape even you. Be certain your attitude and action fits your ideals.

Return to table of runes

Ritual Guidance for
Thurisaz

EVIL
Thorn
Brutality
Demon
Thor's Hammer
Gateway
Decision time
Non-action
Within the Feoh aett: Physical level

Return to table of runes

Uncovering the Powers Within Ritual

Note: Thurisaz represents brutal masculine strength. This power is generally dangerous for anyone of a feminine nature. One's 'civilized' nature can be overpowered by the direct, in your face violence of this force. The feminine can use this ritual to break out of a lethargic lack of energy, but be wary of over doing it. You can become paranoid and distrusting of everything and everybody. Unless your nature matches this rune, be careful.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes

closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune Thurisaz; it glows blood red. The glow spreads to include me. When the glow touches me, I feel a surge of power in my chest. The power rises to my throat and I growl a deep threatening warning to everything around me.

Thurisaz continues to feed me with the power. My muscles tighten, ready to spring into action. My body is bursting with the power. I know I can smash anything in my way. Nothing can harm me; nothing dares harm me. I am the master of my world.

Once I know I am my own master, I slowly count to five and open my eyes. I feel powerful. The ritual is over.

Return to table of runes

Ansuz

GUIDANCE
A God
Wisdom
Good
Within the Feoh aett: Physical level

Ritual guidance

Return to table of runes

Interpretation

You are, or soon will be, receiving gifts. These gifts are timely messages or guidance. The warning is to pay attention or you may miss this valuable gift.

Listen more and talk less.

These messages may come at any time and from any source, your higher Self, a coworker, a loved one, or even higher beings.

This knowledge will be of great importance. It could be a warning, or a better way of living. It may be a closer look at your motives, or an understanding of the divine around you.

This is a gift that will strengthen you. Upon receiving this gift, be sure to give to yourself first, for this gift is yours. There will be enough left to give

to others.

REVERSED

Reversed, Ansuz speaks of non-awareness. It's a matter of refusing to hear a message, or perhaps, it's a matter of not accepting what you do hear.

A feeling of not getting anywhere may color your efforts. The way may be slow and hard, at least until you open your eyes and see what's in front of you.

Return to table of runes

Ritual Guidance for
Ansuz

GUIDANCE
A God
Trickster
knowledge and learning
Wisdom
Good
Within the Feoh aett: Physical level

Return to table of runes

Spiritual Guides Ritual

Note: The guides you attract may be entities from the astral plane, the dead or simply your subconscious mind. Keep in mind, these guides have their own agendas and opinions. What they tell you is not automatically right. They have access to information you don't have, but their guidance is colored by their interpretation of that information.

In other words, if your guide was a bigot when alive, he will still be a bigot when dead. Take all your guidance with a grain of salt.

Sometimes your guide will not appear. If that happens, ask your question anyway. Often the answer will pop into your head as you wait. Sometimes the answer will come to you long after the ritual is over.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune Ansuz; it glows blood red. The red glow settles on me and the earth beneath me. When the glow touches the earth, a bright light shines through me and shoots into the sky. This beacon invites all helpful entities to guide me.

All harmful entities are banned from my presence!

I look before me and a stage appears. The rune
Ansuz is glowing red on the stage floor.

I invite my first guide to appear on the stage. I calmly wait until the guide appears. I ask my guide my question and listen to the answer.

I thank the guide and release him.

If I want more guidance, I invite another guide to appear and ask my next question. I continue asking questions until I am satisfied.

Once finished, I slowly count to five and open my eyes. The ritual is complete.

Return to table of runes

Raido

JOURNEY
Riding
Quest
A Passage
Within the Feoh aett: Physical level

Ritual guidance

Return to table of runes

Interpretation

The concern here is a journey, but not a physical material journey. It is a journey of the Soul; all movement is within yourself. You are on a quest of self creation, self healing or self discovery.

To accomplish this quest, you may embark on a physical journey, but the material outcome is of little importance. Only your inner quest matters. Putting material advantage before spiritual matters will only hinder the quest.

Trust in yourself. Do not follow those around you, even if their journey appears to be like yours. The essence of this journey is the Self. Let only your inner Self determine the direction of your quest.

This does not mean you must travel alone. If you are unsure of your way, ask through a prayer and you will be shown. Communication with the

Divine is always a part of this journey.

REVERSED

Your soul is on a spiritual quest, a journey toward self improvement. However, an exterior influence is hindering your travel, and this influence needs to be removed.
Expect a disruption of your plans. This disruption is a detour, rerouting you around the hindering influence. This disruption may be with personal relationships, or it may include a failure.

Whatever the disruption, be aware that it is needed. It clears the road toward self improvement.

Return to table of runes

Ritual Guidance for
Raido

JOURNEY
Riding
Quest
Spiritual reunion
A Passage
Within the Feoh aett: Physical level

Return to table of runes

Finding Spiritual Direction Ritual

Note: This is a rune of shamanic journey, particularly one of conscious control and direction. That makes Raido a good rune for the disciplined and receptive, and a dangerous rune for the highly instinctive, or uncontrolled. The brutal power of Thurisaz combined with the ritual controls of Raido can cause emotional conflicts; the wild become emotionally impotent and can lose their core power when using this rune. Unless your nature matches this rune, or you choose to domesticate your wild side, be careful.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune Raido. It glows blood red. The red glow starts to pulsate in the same rhythm as my heart. I feel a faint thump with each pulse. I focus on the thumping, ignoring all other things.

When my mind wanders from the thumping, I notice what I am thinking about. Is it important? If not, I dismiss it and go back to the thumping. If the thought is important, I place the thought in front of me and go back to the thumping.

With each wandering from the thumping, I repeat the question; is it important?

Once I have several important thoughts before me, I let them line up in order of importance. I do not set the order, the thoughts order themselves. The thoughts know the proper order.

Once the order of importance is clear, I slowly count to five and open my eyes. The ritual is complete.

Note: You will lose this road map if you don't write it down. Also, make this ritual a part of your daily routine and the thoughts will create patterns that will show you your right path.

Return to table of runes

Kano

FIRE
Beacon
Spirit
Clarity
Within the Feoh aett: Physical level

Ritual guidance

Return to table of runes

Interpretation

You are leaving a time of shadows. You can now see into corners that were previously shrouded in darkness. What is important and what is trivial becomes clear as the shadows are removed. This applies to your surroundings, relationships and especially to your inner Self.

You are beginning a time of harmony where you are centered, in balance with the powers around you. Have faith in yourself. Your awareness is sharper now than it has been for some time.

REVERSED

You are entering a time of shadows. Members of a relationship are no longer nurturing each other. This partnership may be dying, or a part of it has grown beyond the need for the relationship.

Keep in mind that a partnership can be business, personal or even with your higher Self. If this partnership is with your Self, your awareness may be shrouded. You will be unable to see things clearly. You must release a part of you that is slowing your progress.

Clinging to this now invalid partnership will only hinder everyone involved. Prepare for a time of going on your own, knowing that something or someone new will appear when the time is right.

Return to table of runes

Ritual Guidance for
Kano

FIRE
Beacon
Spirit
Beginnings or renewals
Artistic creativity
To know or see
Clarity
Within the Feoh aett: Physical level

Return to table of runes

Healing Fire Ritual

Notes: Do not replace a doctor's care with this ritual. Adding this ritual on a daily basis will speed up your healing, but it is not a cure all. You can also use this magic as a preventive step to keep you healthy. I have to say by law or I will have the AMA after me, that I am not a doctor. Runes do not heal you. You are healing yourself.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the fire rune Kano. It glows red and begins to flicker like fire. I look at the fire and it flows to the top of my head, then straight down through my body.

I picture my illness or injury. The fire spreads to that part of my body. The fire flares and burns a bright blue. There is no pain. Everything the fire touches begins to heal. All imperfections are burned away, leaving a perfect body.

Once I have pictured my perfect body, I slowly count to five and open my eyes. I feel strong and powerful. The ritual is complete.

Clarity Ritual

Note: This ritual is a part of the self image ritual within the rune Mannaz.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the fire rune Kano. It glows red and begins to flicker like fire. I look at the fire and it flows to the top of my head, then straight down through my body. When it reaches the ground, it flares around me, and creates a flowing circle from my head to the ground.

The fire feels wonderful! Every place it touches tingles with life.

I look through the fire and see images forming around me. The images form on their own without my help. I simply watch.

Each image begins showing me a story.

The story is important to me; the meaning becomes clear.

Once I have watched all the stories, I slowly count to five and open my eyes. I feel complete. The ritual is complete.

Return to table of runes

Gebo

PARTNERSHIP
Offering
Sacrifice
Gift
Within the Feoh aett: Physical level

Ritual guidance

Return to table of runes

Interpretation

The decision to join into a partnership is the essence of this rune. When deciding, remember that a partnership is the cooperation of completely different individuals. Melding into a single personality defeats the purpose of a partnership.

This is a warning not to lose your separate individual identity within this relationship. A relationship based on a true partnership of distinct individuals produces powers unavailable to the single person. A true partnership gives each the freedom to be who they really are. That freedom will benefit all within the partnership.

There is no reverse to this rune, for a true partnership only creates freedom that will empower other gifts.

Return to table of runes

Ritual Guidance for
Gebo

PARTNERSHIP
Offering
Sacrifice
Gift
Within the Feoh aett: Physical level

Return to table of runes

Love Magic Ritual

Note: This is not a caging ritual. You cannot force someone to love you. This ritual removes walls and defensive shields allowing two spirits to connect.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune Gebo; it glows blood red. The red glow slowly fades to rose and spreads out to include me. I breathe the rose glow into my lungs. The glow builds until my body is full.

I see the person I want to influence sitting before me. I picture every detail of that person until they are as complete as I can make them.
The rose glow begins to melt my fear of that person. When my fear of them is gone, I breathe the glow to them. The glow begins to dissolve their fear of me.

As the shield disappears, they look in my eyes and smile.

Once our fears are gone, the rose glow spills out of my body and floats around both of us. I can feel their desires and they can now feel mine. We both understand the other's needs.

We are both calm and sure of ourselves. I slowly count to five and open my eyes. The ritual is complete.

Return to table of runes

Wunjo

LIGHT
Glory
Joy
Attainment
Within the Feoh aett: Physical level

Ritual guidance

Return to table of runes

Interpretation

You are in balance with the world. You have finished your initiation and are ready to receive your rewards. Your Soul is receiving peace and understanding.

This new understanding may show your present goals to be trivial. You may need to change your ambitions. If so, now is a good time. You are in tune with the powers around you. Trust in yourself.

Resources previously unavailable are becoming abundant. Emotional nurturing is now yours for the asking. You now know what is important to you, and everything is available if you will just take it.

REVERSED

You are buried deep in a test. Buried is the proper word, for you are, or shortly will be, covered with trials and soul searching doubts. All of your beliefs at the deepest spiritual levels will be tested.

You will need patience, understanding, strong values and a good grasp of the present to persevere. If you don't have the virtues now, you eventually will have, because this is a passage all must pass through.

Trust in your progress. You cannot fail, regardless of how many times you must take the test.

Return to table of runes

Ritual Guidance for
Wunjo

LIGHT
Glory
Joy
Happiness
Laughter
Attainment
Within the Feoh aett: Physical level

Return to table of runes

Light Ritual

Note: This ritual is a part of the self image ritual within the rune Mannaz. This ritual is a great trigger for canceling a bad mood.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune of light, Wunjo. It glows red, then fades to the light blue of the sky. I look at the sky blue glow and it flows to my throat.

My voice clears and everything around me begins to sparkle in a soothing light. I feel wonderful. All my worries fade under the light.

A grin forms on my face. I am so happy, I can't stop grinning. The more I grin, the happier I feel. The more I grin, the more I know everything will work out fine. Life is good.

Once I feel happy and full of life, I slowly count to five and open my eyes. The ritual is complete.

Return to table of runes

Hagalaz

STORM
Hail
Destruction
Disruption
Within the Haegl aett: Emotional level

Ritual guidance

Return to table of runes

Interpretation

You have been floating in the backwaters of life, slowly drifting in the familiar and predictable currents. Even if the currents have been swift and hectic, they are still familiar and predictable. There is a strong need for change, a freedom from this stagnation.

Hagalaz is a rune of destructive storms, storms that break up the stagnant waters and force change.

Expect this disruption of your life. It may be destructive, drastically changing your view of life, or it may allow you to slowly wake up to the change. The severity indicates the degree of change needed. Your own nature is creating this storm, thus you have some control of the outcome.

Be aware that you are being forced out of the stagnant backwaters so you can continue on your journey.

Return to table of runes

Ritual Guidance for
Hagalaz

STORM
Hail
Destruction
Disruption
Balance of opposites
Within the Haegl aett: Emotional level

Return to table of runes

Destruction Ritual

Note: Hagalaz is the primal energy in which all life finds its source. You can use this force to fight the serpents and demons that live inside you as well as worldly foes.

But, remember the Law of Attraction. You attract what you feel and focus on. Use this ritual only if you have already attracted your foe and you need do get rid of it.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count

backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune Hagalaz; it glows blood red. The blood red quickly changes to the blue gray of storm clouds. I see a powerful summer storm forming around the symbol.

The storm builds until it is all around me. I feel the wind blow through my hair. The cold shock of rain soaks me. Lightning crashes around me.

I feel the power of the storm build inside me. When I point at something, lightning flashes from my fingers. Thunder rumbles when I speak. Rain washes everything I see.

My foe appears in front of me, soaked to the skin and afraid of the lightning. I point at my foe and scream

"Be gone!"

My foe rises in defiance. I lash out with lightning; the lightning flashes through my foe and explodes. Nothing is left.

My foe is destroyed.

The storm quickly dissipates and the sunshine comes out. I slowly count to five and open my eyes. The ritual is complete.

Return to table of runes

Nauthiz

PAIN
Suffering
Endurance
Need

Within the Haegl aett: Emotional level

Ritual guidance

Return to table of runes

Interpretation

Limitations are a major concern now. You are being slowed by self imposed or environmental constraints. People, events or your own views are making progress difficult.

How you react to these limitations shows where you have not grown. These weaknesses attract people and circumstances that take advantage of you.

They bring trouble, deny what you want, and generally make life harder.

The only constructive way to see these problems is as guides. These teachers will show you where you need improvement.

This rune indicates setbacks and failures, so show some restraint in your affairs. Know that the way will be tough until you have worked on your

weaker points. Put your personal and business affairs in order. Expanding into new areas at this time will be a hard way to go.

REVERSED

An emotional house-cleaning is needed here. Look closely at what is hurting or limiting you and you may see that the problem was coming from you all along.

You could be denying what you know to be true, things may be emotionally blown out of proportion, or anger may be controlling your intellect.

Only you can know the problem. Be aware that pain and failure will continue until your house is in order. This cannot be ignored; the house-cleaning must be done.

This rune indicates that discomfort may be the best taskmaster. Sometimes it takes deep pain before we will open our eyes to the light.

Return to table of runes

Ritual Guidance for
Nauthiz

PAIN
Suffering
Patience and constraint
Endurance
Need
Within the Haegl aett: Emotional level

Return to table of runes

Pain Ritual

Note: This ritual doesn't cure the problem; it only masks the symptom, pain. Don't ignore the problem or it will get worse. Use the fire rune Kano and a doctor to help with the problem. I have to say by law or I will have the AMA after me, that I am not a doctor. Runes do not heal you. You are healing yourself.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)
I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count

backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune Nauthiz; it glows blood red. The red changes to white hot fire.

I now focus on my pain. The white hot fire streams into the pain. The pain quickly magnifies. Where is the pain coming from? What is causing it?

Power flows from the pain, and I grab it. I force the white hot power back into the pain. The power forms a white wall of fire that draws pain from my body. As the pain subsides, the white fire fades until both the fire and the pain is gone.

Once the pain is under control, I slowly count to five and open my eyes. The ritual is complete.

Note: When the pain comes back, and it will until you fix the problem, immediately picture the power streaming back into the pain, neutralizing it.

Return to table of runes

Isa

ICE
Winter
Unchanging
Stagnation
Within the Haegl aett: Emotional level

Ritual guidance

Return to table of runes

Interpretation

You are at a standstill, frozen and unable to push forward. All of your efforts may appear dead. Nothing is moving. You may feel lifeless, cold with little interest in anything.

You are in the winter of your spiritual energies. Do not push forward now, but prepare for spring. It is time for cleaning. Remove the worn out and unneeded.

To hold on to the old is to hold on to winter. Let go of outdated beliefs. Tradition is not always the best way.

Remember that in spring everything starts new, seeded from the old. Let go of the old and allow the new to grow.

Return to table of runes

Ritual Guidance for
Isa

ICE
Winter
Unchanging
Stagnation
Within the Haegl aett: Emotional level

Return to table of runes

Ice Ritual

Note: Use this ritual to calm and stabilize yourself. Use the freezing ritual below to calm another. A word of caution; overdoing this magic can cause depression and the desire to do nothing.

Do not try to kill your emotions; your subconscious will rebel if you do.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I

silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune Isa; it glows blood red. The red glow slowly changes to the cold blue of ice. Frost gathers around the blue, and it spreads to include me. I can see my breath floating in the cold air. There is no breeze; nothing is moving. Nothing has ever moved. I feel the ice cold sink into my body, cooling my heart, numbing my feelings.

I sit in the cold until only reason remains. All my emotions are frozen. They have no control on me.

Once my emotional fire is cold, I can see things as they are, not as my emotions color them. I am in control.

I slowly count to five and open my eyes. The ritual is complete.

Freezing Ritual

Note: You will often need this magic at a moment's notice, so practice it in advance so you will be ready. Use the rune Isa as a trigger to create the numbing cold. If the symbol is hard to imagine in an instant, try a word like 'Freeze' as the trigger.

When another's emotions are getting out of hand, the rune Isa appears glowing red. The red glow streams towards me, gathering at my hands forming frost around me. I think the word 'Isa" and the cold forms around the emotional person.

I picture the cold sinking into that person, numbing their feelings. Once their emotions are under control, I release the cold and everything returns to normal.

Return to table of runes

Jera

HARVEST
Autumn
Change
Receiving
Within the Haegl aett: Emotional level

Ritual guidance

Return to table of runes

Interpretation

This rune shows your endeavors as fruitful. Tend to your concerns lovingly and they will prosper.

However, patience is needed. You still need to care for your crop, for it is not fully grown. Do not try to speed up its process. Everything grows in its own time.

Harvesting before the proper time only ruins the crop. Give your crop the love and time it requires and the harvest will be abundant.

Return to table of runes

Ritual Guidance for
Jera

HARVEST
Autumn
Change
Receiving
Within the Haegl aett: Emotional level

Return to table of runes

Receiving Ritual

Note: Time is not cyclic. It is more spiral, changing from season to season, adding to the growth or decline of past seasons. Summer may begin with the expected characteristics of summer, but it won't be exactly like last summer. You can plant a 'seed' with your thoughts and nurture that thought until the harvest manifests in your life, but you cannot copy exactly what you had in the past. Jera represents the flowing power of nature. Guide the flow with your thoughts and you will create your desired harvest. The consistent spiral of nature will keep your seed alive.

(Read the following aloud. The ritual will work with your eyes open.

However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

In my mind, I trace the rune Jera. It glows blood red slowly changing to the green of Spring growth, then the brown of Summer, then the gold of Autumn, then the gray of Winter. The colors continue to change in a steady predictable pattern.

When the time feels right, I see my desire in full bloom, exactly as I wish it to be. I add details to this desire until I see it as clearly as I can make it
.
What is holding this desire together? What must happen to create this desire as I want it to be? I see that seed planted. I picture the new beginning. How can I guide the new beginning? How can I help this desire come alive in my reality?

I see myself doing what must be done to nurture the seed.

Once I can see my desire in all its details, and I know what to do to create my desire, I slowly count to five and open my eyes. The ritual is complete. I thank my world for bringing my desire to me.

Note: Be sure to write the answers received down or you will forget them. If you do not receive the answers during the ritual, stay receptive in your daily activities. The answer to your question will appear, but you must pay attention or you may miss it.

Do not sit around expecting your desire to pop out of thin air. You must prepare your life so you can receive your desire.

You must act on your desire to receive it. This ritual will help you know what those actions are.

Return to table of runes

Eihwaz

STRENGTH
Service
Yew tree
Foundation
Within the Haegl aett: Emotional level

Ritual Guidance

Return to table of runes

Interpretation

Be careful! Initially everything appears to be against you. You are being heavily tested. Don't go out on a limb. Don't be in a hurry; expect delays and unforeseen hardships.

Look closely. Notice what the likely consequences are before acting. If you can anticipate the effects of your actions, the road will be easier to travel.

Don't be pushy. Now is a time for patience. You will have little influence. Right now is a time for gathering your defenses and waiting for times to improve.

After your defenses are in order, decide what you want to do, for once times are easier, a clear decision will make your efforts effortless.

Return to table of runes

Ritual Guidance for
Eihwaz

STRENGTH
Service
Yew tree
Foundation
Within the Haegl aett: Emotional level

Return to table of runes

Strength Ritual

Note: Eihwaz is the rune of life and death. It represents the power at the foundation of everything in the universe. It is the ultimate power behind magic. You can gather this power and use it for both protection and destruction.

Be careful with how you use the power you gather; don't forget the law of retribution.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune Eihwaz; it glows blood red. The red slowly changes to a soft white that spreads out to everything around me, connecting everything into one entity. I am one with that entity. The white light floods into me. The white light cleans everything it touches. All my imperfections fade away. I am one with creation. Being one with creation, I am perfect. I am exactly as I should be.

I gather the white light around me. The light is ultimate power. The light will do anything I ask of it. With this light, I can accomplish anything I choose to accomplish. I can create anything I desire. Nothing can stand in my way.

I sit, bathed in the white light until I feel all is right with my world, then I slowly count to five, feeling powerful and one with my world. I am the master of my life. The ritual is now complete.

Return to table of runes

Perth

INITIATION
Mystery
Pleasure
Luxury
Within the Haegl aett: Emotional level

Ritual guidance

Return to table of runes

Interpretation

Only the internal is important here. Your inner psyche is dealing with the foundation of what the world is about. The focus is on universal laws that are beyond our control yet control everything we do. Your deepest understanding of spiritual truths is changing. This transformation may be deeper than your conscious day to day thinking. It may even be instinctual.

This new understanding may mean discarding old beliefs. A faith now held could be shaken, or destroyed. But, don't fear. Your new spiritual understanding is stronger and closer to the truth than the old.

The physical manifestations of these truths often produce pleasant benefits, but even this is beyond your control. Just enjoy and give thanks.

REVERSED

Do not spread yourself too thin. Focus your energies only on the present. Dwelling on past achievements and failures, or on future goals, takes more energy than you can afford.

You will be needing all of your faculties, for you are beginning an initiation. You will be met with challenge after challenge. You may feel that the world is against you, however this is not 'Bad Luck'. It is training and a test. You are preparing for a spiritual reformation.

Return to table of runes

Ritual Guidance for
Perth

INITIATION
Mystery
Luck
Pleasure
Luxury

Within the Haegl aett: Emotional level

Return to table of runes

Luck Ritual

Note: Luck is simply being in harmony with your World. You attract what you focus on. You become what you feel. Feel lucky and you become lucky. It's that simple.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

In my mind, I trace the rune Perth. It glows blood red and stays that way. Red is the color of passion and luck.

In my mind, I begin to feel everything around me. I notice how I feel about each specific thing and person. Does it feel good? If so, I invite that to stay in my reality.

Does it feel bad? If so, I tell it to be gone. Get out of my life. I don't focus on the bad feeling. I know it will leave me because I told it to.

Immediately, all that feels good is mine. I have it right now. I deserve only the very best, and it is already a part of my life. Luxury and pleasure is my life.

I soak up all the good feelings. I play with all the possibilities. There are no limits. There are no judgments. I can have anything I choose to have. All that I am attracted to is attracted to me.

I am the luckiest person I know. I always get what I want. I simply imagine it as mine, then feel how good it is to be so lucky.

Once I can feel how good it feels to be so lucky and know it is coming to my life, I slowly count to five and open my eyes. The ritual is complete. I am the luckiest person I know.

Return to table of runes

Algiz

PROTECTION
Defense
Warding off
Fortify
Within the Haegl aett: Emotional level

Ritual guidance

Return to table of runes

Interpretation

Opportunities are coming around. You now have the chance to live life to its fullest. These opportunities may change the focus of your life, producing very emotional times.

The warning of this rune is to not fall under the control of your emotions. With these opportunities come new pressures. People and circumstances will push you to change the way you do things.

Be certain to use well thought out actions for protection. Keep enough space around you to remain objective, but don't build a castle that keeps life outside its walls.

Hold your emotions in check, and you will retain control of these opportunities.

REVERSED

All new relationships need to be examined. You may be using others. Take pains not to weigh too heavily on your relationships.

Some may be unduly using you. But remember, they can only use you if you allow them. You are still responsible for what happens to you. Be aware of this and you can still prosper with these relationships.

The outcome of all new relationships, both business and personal, are not known, but you will learn a great deal from them. Good or bad, you will grow stronger.

Return to table of runes

Ritual Guidance for
Algiz

PROTECTION
Defense
Warding off
Fortify
Within the Haegl aett: Emotional level

Return to table of runes

Armor Ritual

Note: This ritual is for quick protection from magic or emotional attacks. To be effective, you need to practice before you need the protection. Use the rune
Algiz as a trigger to create the protective armor. If the symbol is hard to imagine in an instant, try a word like 'Protection' as the trigger.

When I need instant protection, Algiz appears glowing red. The red glow streams towards me turning into plates of armor. These plates form to my body, interlocking as they completely cover me from head to toe.

The armor has no weight; I can move about freely. Nothing can pierce the armor. Nothing can reach me. I am safe.

If I choose to, the armor will blend into my surroundings, and I will not be noticed. I will become a fly on the wall. I will be forgotten by my attacker.

Gathering of Guards Ritual

Note: Use this ritual to protect a specific place, person or object. You need to know who your protectors are before starting. What image makes you feel safe? That image is your protector.

You are creating powerful thought forms with this ritual, so be careful with the emotion behind their creation. These guards will strengthen according to their nature (see the laws of mind - law of retribution). If forgotten, they could cause you or the one protected problems.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune Algiz; it glows blood red. The red glow flows from Algiz to me. The red glow soaks into my body. My chest fills with the power. I feel wonderful and strong.

I then picture the person or place needing protection. I create all the details in this image. Once the picture is as real as I can make it, I look to the north of the picture and see the rune Algiz forming in red. I raise my hands to Algiz and release the power in my chest. Algiz flames brightly and my protector appears in the flame.

I then create Algiz to the south, east and west.

Once the four protectors are standing guard, I know the area or person is safe.

I thank the protectors for helping me, slowly count to five and open my eyes. The ritual is over.

Return to table of runes

Sowelu

THE SUN
Lightning
Wholeness
Life
Within the Haegl aett: Emotional level

Ritual guidance

Return to table of runes

Interpretation

Power is abundant now. This power comes from the forces of nature, not the social and cultural powers of everyday existence.

A desire for wholeness and right action comes with this rune. To use this power otherwise invites defeat.

For some, right action includes a physical retreat that allows for spiritual regeneration. For others, right action means expanding their lives into new areas.

This may require a change of attitude, or acceptance of previously denied truths.

Balance and self-discovery are the major concerns with this rune. The everyday struggle for material advantage is of little consequence now.

Return to table of runes

Ritual Guidance for
Sowelu

THE SUN
Lightning
Wholeness
Life
Within the Haegl aett: Emotional level

Return to table of runes

Health Ritual

Note: I have to say by law or I will have the AMA after me, that I am not a doctor. Runes do not heal you. You are healing yourself. All disease that manifests in the outer, physical body has come from your conscious or subconscious mind. They are the effects of your thoughts and feelings. You can avoid becoming ill in the first place by thinking only healthy thoughts, and thoughts conducive to remaining healthy. If you are already ill, please see a doctor. This ritual is not a substitute to a doctor's care.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I

silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the sun rune Sowelu. It glows red. I look at the red glow and it flows around me completely engulfing my body.

I focus on my breathing. I breathe in and out at the same pace. I develop a slow and steady rhythm.

As I breathe, I draw in the red glow to my lungs. They tingle. I continue to breathe in the red glow until my lungs are full of power, red vibrating power.

The power is so strong, I can't contain it within my lungs. It wants to burst out. I direct the power to the top of my head, my Spirit Center. The power strikes my Spirit Center like lightning. Instantly, my head is full of power. I feel great!

I feel that power. I own that power!

I start to hum. I hum to the rhythm of my breathing. I focus on the top of my head. The more I hum, the stronger the red glow becomes.

Again, that power grows so strong it wants to burst out. This time, I direct the red power to my throat, my Air Center. I continue to hum, focusing on my throat.

Once the power is strong, I direct the power to my solar plexus, my Fire Center. I feel my chest expanding with the power as I continue to hum.

Everything the red glow touches feels great, in perfect health.

My next focus is my pelvis, my sex organs, my Water Center. The red glow gathers at my sex organs as I continue to hum. The more I hum, the stronger the power becomes.

I feel the lightning strike from one Center to another. Each strike makes me stronger.

The lightning then strikes to my feet, my Earth Center. When the lightning strikes my feet, all is grounded. The lightning goes deep into the earth. The power is gone.

But, I feel a red glow throughout my body. My body still tingles with a vibrant energy. I am healthy. I am strong. Nothing can stop me.

I slowly count to five and open my eyes. The ritual is complete.

Return to table of runes

Teiwaz

WARRIOR
Courage
Conquest
Victory
Within the Tyr aett: Mental level

Ritual guidance

Return to table of runes

Interpretation

This is a rune of strength and control. The control is not external, but deeply within yourself. By learning to control your own inner nature, strength is increased.

An understanding of your deepest needs is a must. Before any control is possible, you must first know your own nature. Look within yourself and observe why you do what you do.

Patience and perseverance are symbols of controlled strength. Drawing Teiwaz makes this difficult, for active pursuit is an underlying part of this rune. Courage and the determined focus of a hunter is strong now.

Keep in mind that you can only control yourself; the universe is controlled by its own laws. However, this rune does suggest victory with your battles, provided you have enough control of yourself to follow the laws of the universe.

REVERSED

This rune warns of losing control. Poor judgment about ill-conceived projects or relationships can use up your strength.

The fault may not be in the projects, but in your motives. Be certain that emotions are not controlling you. Don't be reckless and don't use your strength needlessly.

Ask why you are involved in a particular relationship or event. Are you being true to your nature? Ask your higher Self for the answer. Don't ask others; they don't know your nature as you do.

Return to table of runes

Ritual Guidance for
Teiwaz

WARRIOR
Courage
Conquest
Victory
Within the Tyr aett: Mental level

Return to table of runes

Assertive Power Ritual

Note: This ritual is a part of the self image ritual within the rune Mannaz.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)
I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the warrior rune Teiwaz. It glows red. I look at the red glow and it flows to me gathering at my hips. I feel my body strengthen. I am solid and nothing can knock me down. I am surging with power. I can overcome any obstacle; I can smash anything in my way.

But, I know I won't need to smash anything, because everyone I meet can see the power in me. They do not confront me. They know I would win. They would rather work with me than fight me.

Once I feel in total control, I slowly count to five and open my eyes. The ritual is complete.

Return to table of runes

Berkana

GROWTH
Sex
Love
Birch tree
Within the Tyr aett: Mental level

Ritual guidance

Return to table of runes

Interpretation

A rewarding growth is the issue with this rune. You are developing and expanding into new areas. These new areas could be in the physical world of possessions, the emotional world of relationships or even in the spiritual world of your higher Self.

This new growth is easily influenced. In the beginning you can be hampered by those who don't want change, especially those comfortable with who you have been. Or, you may be guided into directions unsuitable for you.

Look carefully at your guidance. Examine the motives of your guide, especially if that guide is yourself. Be certain that your ego is not leading you astray.

This growth will happen. Be aware of how others are influencing that growth, show patience and fairness, and you will grow in ways that strengthen you.

REVERSED

You are getting in your own way. Something about you is blocking your growth.

Pay attention to the events around you. How have you contributed to the outcome?

What are you expecting to receive from your actions? These answers can show what is blocking your path.

You may have to start over, but after clearing the way, you can be certain of progress.

Return to table of runes

Ritual Guidance for Berkana

GROWTH
Sex
Love
Birch tree
Within the Tyr aett: Mental level

Return to table of runes

Sex Ritual

Note: Confidence is subconsciously monitored by potential mates. If you wish to attract someone, observe your own behavior. What you think about yourself has everything to do with sexual attraction.

This ritual may work only because your self image improves, but the fact that it works is all that counts.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune Berkana; it glows blood red. The red glow slowly spreads out to include me. Every part of me fills with the red power. I feel the flaws of my body improving as the red glow fills me. I know I am growing strong and sexy. My best features are growing even stronger.

All that I am attracted to is attracted to me. When I catch someone's eye, they immediately want to know me. If they do not respond to me, it is because they are afraid.

How they react to me has no effect on me. I am calm and sure of myself. I know I am strong and sexy.

I slowly count to five and open my eyes. The sexy red glow of Berkana fills me as I go about my day. The ritual is complete.

Love Ritual

Note: This ritual is similar to the influencing dreams ritual with the rune Laguz. Dreams are a great way of communicating feelings to another.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune Berkana; it glows blood red. The red glow slowly fades to a soothing rose color. The rose drifts down to me and fills my chest. I feel strong and calm.

When my chest is full of the rose glow, I look in front of me and see the one I am attracted to sleeping. I notice all the details of that person.

Once I have created them as completely as I can, I release the rose in my chest into their image. I am now connected to the image, and everything I feel and think becomes a part of their dream. I lovingly tell them what I want them to know.
I slowly count to five and open my eyes. My love's dreams will now include me. The ritual is over.

Return to table of runes

Ehwaz

MOVEMENT
Vehicle
Horse
The Means
Within the Tyr aett: Mental level

Ritual guidance

Return to table of runes

Interpretation

You are in transition. Projects are slowly but surely moving in the desired direction. Relationships are also moving. They are changing and developing as all relationships must, lest they die from stagnation and boredom.

Ehwaz is a rune of relocation. The destination has not been reached yet, but with slow and steady progress, you will get there. You may physically change locations, Attitudes or views may shift into different directions, or lifestyles could change.

Be assured that everything is moving, gradually improving your situation. Keep in mind that a slow moving vehicle is easier to guide to a desired location. You are developing the means for success. Perseverance is all that is needed.

REVERSED

Not all movement is progress. What appears as opportunity sometimes does more harm than good.

Look closely at the events going on now. If your part in a venture goes against your nature, this opportunity may not be for you. Go with your inner nature, and the appropriate opportunity will come.
Return to table of runes

Ritual Guidance for
Ehwaz

MOVEMENT
Vehicle
Horse
The Means
Assertive defense
Within the Haegl aett: Emotional level

Return to table of runes

Assertive Power Ritual

Note: This is a cumulative ritual. Build the power several days before you might need it. With practice, you can visualize this ritual in an instant and assert your desire in the here and now.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune Ehwaz; it glows blood red. The red glow slowly changes to white and gathers above my head.

As I breathe in, the white glow enters my lungs. As I breathe out, the glow charges my body. I feel stronger and more energized with each breath.

I then picture the person I want to influence. I look the image in the eye and send a blast of white light to them.

Immediately I tell them what I want them to do. They do what I ask without question.

I know my desire will be done. I slowly count to five and open my eyes. The ritual is complete.

Return to table of runes

Mannaz

THE SELF
Man
Rider
The Method
Within the Tyr aett: Mental level

Ritual guidance

Return to table of runes

Interpretation

Fluidity is the challenge with this rune. Learn to adjust to the present conditions. Be changeable, yielding, even pliable. You are looking for the correct way for you, so avoid rigidity. Be open to Divine inspiration. This requires that you not be worldly; consider all avenues, including the unusual.

Live in the present, but don't ignore what the past can teach you. Notice what you've missed and see what you have gained. Ask what is important to you?

At the same time, notice what is coming into being. Is this what you want?

Work for tomorrow, but don't use all of today working. Goals are needed, but getting there, living day by day, is living a true present. Remember how

to play, but don't be careless with your time. Balance is important now; take nothing to extremes, including work and play.

REVERSED

Something within is preventing what you want. You are blocking progress by refusing to accept, or release, something or someone. Look within yourself for the solution. Don't take outside council on this issue. Only you truly understand the blockage. Listen to your higher Self.

Don't be blinded by habits, particularly thinking habits. Be aware of views based on habit. Are they blocking your progress? If they are, do those habits mean more to you than getting what you want?

Recognizing self-made blockages and removing them is the challenge of this rune reversed.

Return to table of runes

Ritual Guidance for
Mannaz

THE SELF
Man
Rider
The Method
Within the Tyr aett: Mental level

Return to table of runes

Self-Image Ritual

Note: This is a long ritual divided into several areas of improvement. When you know you are improving in these areas, your self-image will grow as well.

Feel free to only use the parts you want to improve in yourself. You will be tapping into your personal strengths and amplifying those you feel weak in.

Repeat this ritual often. Repetition is the secret to this ritual.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I

silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune Mannaz; it glows blood red. The red slowly fades to yellow.

I look at the yellow glow and it streams to my forehead, filling my head with a power that clears my thoughts.

As I listen, the yellow glow brings new thoughts to my attention. The more I listen, the more I understand what is important to me.

Concentrating becomes easy and fresh ideas come often.

Teiwaz

Once my thoughts are clear, I trace the warrior rune Teiwaz. It glows red. I look at the red glow and it flows to me gathering at my hips. I feel my body strengthen. I am solid and nothing can knock me down. I am surging with power. I can overcome any obstacle; I can smash anything in my way.

But, I know I won't need to smash anything, because everyone I meet can see the power in me. They do not confront me. They know I would win. They would rather work with me than fight me.

Uruz

Once my power is strong I trace the rune of strength, Uruz. It glows red and slowly fades to orange.

I look at the orange glow and it flows to me and settles at my solar plexus.

As the glow gathers, I feel a strength that will endure for hours. That strength builds until I want to jump up and conquer the world. I have enough energy to create anything I want in this world. Nothing can stop me!

Fehu

Once I have all the energy I can hold, I trace the wealth rune Fehu. It glows red and slowly changes to gold.

I look at the gold glow and it flows to my chest, forming around my heart.

When my heart is full, the gold power spills out of me and streams in all directions like streams of gold water. Shortly, the water flows back to me carrying my desires.

Everything money can buy is floating back to me. If I want it, it is mine for the taking.

Wunjo

Once I feel wealthy, I trace the rune of light, Wunjo. It glows red, then fades to the light blue of the sky.

I look at the sky blue glow and it flows to my throat. My voice clears and everything around me begins to sparkle in a soothing light.

I feel wonderful. All my worries fade under the light. A grin forms on my face. I am so happy, I can't stop grinning. The more I grin, the happier I feel. The more I grin, the more I know everything will work out fine. Life is good!

Laguz

Once I am full of light and joy, I trace the water rune Laguz. It glows red and slowly changes to dark blue.

I look at the dark blue glow and it flows to my eyes. When the blue touches my eyes, I hear a voice in my head. It is a quiet, soothing voice whispering answers to my questions. Almost before I know what to ask, the voice has the answer. That answer is the perfect solution for me.

The more I listen to this voice, the easier it is to hear. This guide was always here and now it is easily reached just by asking.

Kano

Once the inner voice is comfortably at my side, I trace the fire rune Kano. It glows red and begins to flicker like fire.

I look at the fire and it flows to the top of my head, then straight down through my body. When it reaches the ground, it flares around me, and creates a flowing circle from my head to the ground. The fire feels wonderful! Every place it touches tingles with life.

I look through the fire and see images forming around me. The images form on their own, without my help. I simply watch.

Each image begins showing me a story. The story is important to me; the meaning becomes clear.

Once I have watched all the stories, I slowly count to ten and open my eyes. I feel complete. The ritual is over.

Return to table of runes

Laguz

WATER
Dreams
Illusions
Flow
Within the Tyr aett: Mental level

Ritual guidance

Return to table of runes

Interpretation

The familiar, comfortable security of the natural is the focus of this rune. The fertile, fluid and spiritual powers of nature are often forgotten during the everyday struggle for existence. When this happens, a time of balancing within the natural forces of this world is needed.

A personal strength founded in the intuitive and emotional forces of nature can more easily handle the problems confronted today. This strength is more in balance with the rhythmic seasonal changes of our world.

For the male personality, finding this strength requires an open search for the intuitive side of their nature. For the female personality, it means remembering the inherent part of their being.

REVERSED

An imbalance within your nature is indicated. Intuition is being ignored. Your conscious rational side is drowning out your unseen instinctual senses. Laguz reversed indicates a need to listen to your unconscious psychic abilities.

Until both sides of your nature are in balance beware of overextending yourself. You are working with only a small part of your faculties.

Return to table of runes

Ritual Guidance for
Laguz

WATER
Dreams
Illusions
Intuition
Flow
Within the Tyr aett: Mental level

Return to table of runes

Influencing Dreams Ritual

Note: This ritual is similar to the love ritual with the rune Berkana. Dreams are a great way of communicating feelings to another, but beware of the emotions you use. You can create nightmares and other distressful emotions for your target. Don't forget the laws of attraction.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune Laguz; it glows blood red. The red glow slowly fades to a soothing rose color. The rose drifts down to me and fills my chest. I feel strong and calm.

When my chest is full of the rose glow, I look in front of me and see the one I choose to influence. I notice all the details of that person.

Once I have created them as completely as I can, I release the rose in my chest into their image. I am now connected to the image, and everything I feel and think becomes a part of their dream. I picture what I want them to know with all the emotion I can create.

I slowly count to five and open my eyes. My target's dreams will now include what I have added. The ritual is over.

Guidance Ritual

Note: This ritual is a part of the self image ritual within the rune Mannaz.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the water rune Laguz. It glows red and slowly changes to dark blue.

I look at the dark blue glow and it flows to my eyes. When the blue touches my eyes, I hear a voice in my head. It is a quiet, soothing voice whispering answers to my questions. Almost before I know what to ask, the voice has the answer. That answer is the perfect solution for me.

The more I listen to this voice, the easier it is to hear. This guide was always here and now it is easily reached just by asking.

Once I feel I have the answer, I slowly count to five and open my eyes. The ritual is complete.

Return to table of runes

Inguz

THE EARTH
Growth
Fertility
Beginnings
Within the Tyr aett: Mental level

Ritual guidance

Return to table of runes

Interpretation

It is time to break out of your old daily patterns and start something new. For some, this means spreading their wings after a long self-induced grounding. For others, it means leaving a familiar and safe nest for the first time.

To ensure that this is not just another false start, you need to complete all of your other 'New Beginnings' that never quite got finished. After all false starts have been finished or closed (abandoning them is also finishing them), you will be ready for a new beginning.

You now have the energy to complete a major project, provided you aim all energies in one direction. After removing all distractions, you will have the ability to move forward and can be certain to accomplish what you attempt.

Return to table of runes

Ritual Guidance for
Inguz

THE EARTH
Growth
Fertility
Primal Energy
Beginnings
Within the Tyr aett: Mental level

Return to table of runes

Growth Ritual

Note: This ritual connects you with the primal energy emanating from the earth. This life force is the basis of all physical and spiritual growth.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune Inguz; it glows blood red. The red glow spreads out to enclose me.

I feel a faint movement in the earth as the glow touches the ground. That movement is very faint. I continue breathing with each breath completely filling my lungs. As I breathe in, the earth's movement fills my body, awakening each part. I feel the earth's power charge my body with each breath.

Once my body is full of the power, I focus my mind on the movement. I feel my body melding with the earth. I become a part of the earth's energy. I see that everything around me is part of the earth.

I am the earth. I feel the magnetic charge of my spinning. As I spin, the magnetic force grows stronger, connecting me with everything in my world. I am a part of everything.

I simply listen, and understanding comes to me.

When I feel the connection is finished, I slowly count to five and open my eyes. The ritual is complete.

Return to table of runes

Othila

HOMELAND
Inheritance
Tradition
Retreat
Within the Tyr aett: Mental level

Ritual guidance

Return to table of runes

Interpretation

Othila requires a separation, a removal of something or someone of importance to you. Some of your closest belongings may need to be abandoned. Not all of these are material objects. These possessions could include your views and values, or a social standing. Who you have been, or would like to be, could be taken.

This is a rune of letting go, possibly of a relationship or an attitude.

The proper conduct now is consent. Agree to give up a love or possibly a desire for revenge. Submitting to a separation is called for, but don't despair. This is a healing separation that will allow you to go on with your life. In time, this separation will benefit all concerned.

REVERSED

Now is the time to avoid old habits, particularly in thought. The way you have always done things is not the way to do it now. By listening to your higher Self rather than your conditioning, you will learn to easily accomplish what is needed.

Tradition is not always the best way.

How to act is your decision, however when to act depends on the world around you. Watch carefully and your world will show when it is ready.

Return to table of runes

Ritual Guidance for
Othila

HOMELAND
Inheritance
Tradition
Retreat
Within the Tyr aett: Mental level

Return to table of runes

Retreat Ritual

Note: This ritual is similar to the protective circle magic used by Wiccans. You can use Othila to create a protective retreat for practicing your magic, or you can protect your bedroom for a good night's sleep. Use this ritual when you want to keep the world out for a while.

A similar ritual is the 'Gathering of Guards' created with the protection rune, Algiz.

If you need a virtual doorway for passing from one area to another, the Othila symbol works well.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.
With my mind, I trace the rune Othila; it glows blood red. Othila slowly grows larger until the glowing symbol will fit around me. I place Othila over the area I want to protect.

I point my finger at the glowing lines of Othila. The lines burst into flames creating a wall of fire that nothing can cross. The flames arch across, both above and below me, sealing the world outside. There is no heat from the flames, and the flickering light is calm and soothing. I am protected by the flames. Nothing can come in, unless I invite it in.

Once I have finished using the protected area, I look again at the flaming walls and they die down to glowing lines. The area is back to normal.

I slowly count to five and open my eyes. The ritual is complete.

Return to table of runes

Dagaz

DAY
Circle
Prosperity
Completion
Within the Tyr aett: Mental level

Ritual guidance

Return to table of runes

Interpretation

Completion is the concern now. Your present endeavor is nearly finished. You have learned or accomplished all that is needed. You have gone full circle, and it is time to finish your affairs and change directions.

If the new direction is not obvious, then listen to your higher Self. Down deep, you know what is right for you.

Don't let fear of the unknown make your decision for you. Often Dagaz requires complete trust, for the outcome is not always clear. Trust in your Self. Even if the new venture is radical and unusual, now is the right time for this change.

You are ready. You have completed this circle and need to continue on. Timing and conditions are right for a new and prosperous venture.

Return to table of runes

Ritual Guidance for
Dagaz

DAY
Circle
Prosperity
Completion
Within the Tyr aett: Mental level

Return to table of runes

Expelling Ghosts and Demons Ritual

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune Dagaz; it glows blood red. The glow fades to the color of the sun on a bright sunny day.

That bright sunlight fills the area around me. As the light touches me, I feel a bright power flowing through me. Even with my eyes closed I can feel everything around me.

Nothing can hide in the light. If an area feels dark, I simply fill that area with the light. Any unwanted entity, quickly retreats from the light.

After replacing all darkness with the light, I slowly count to five and open my eyes. I know the light will repel all unwanted entities. The ritual is complete.

Pillar of Light Ritual

Note: If you create your pillar of light at the beginning of each day, unexpected and disruptive events will diminish in your life. You will go about your day with more confidence and less apprehension.

(Read the following aloud. The ritual will work with your eyes open. However, once you have memorized the ritual, close your eyes when practicing this magic. Most find the images stronger with their eyes closed.)

I sit comfortably, knowing I will not be disturbed. With my eyes closed, I center my thoughts on my breathing. With each breath in, I count backwards from ten, one number for each breath. When breathing out I silently say "Deeper" and feel my body slowly sink into a calm, cool darkness. At number one, I am relaxed and free from the physical world.

Now that I am connected to my higher Self, I read the ritual. I will stay connected until the ritual is complete.

With my mind, I trace the rune Dagaz; it glows blood red. The blood red slowly changes to the bright light of a sunny, clear day. That light spreads to include me.

My body sparkles with power from the light. All darkness is replaced with the healing glow. My chest fills with the light until full; then the power spills out of me, spinning faster and faster. The spinning light repels

anything harmful away from me. Nothing can reach me unless I allow it to enter my pillar of light.

Once the pillar of light is strong and clear, I slowly count to five, open my eyes and go about my day. I know the light stands guard over me. The ritual is complete.

Return to table of runes